

What to put In a Soul Shoppe Peace Corner

Items for proprioceptive support

- Weighted cushion or weighted stuffed animal
- Stretchy resistance bands
- Mini massager
- Small blanket

Items for auditory sensory support

- Noise cancelling headphones
- MP3 player with music
- Audiobooks

Items that give kids a brain break

- Puzzle
- Books to read
- Blank notebook and writing utensils
- Coloring books
- Scratch art doodle pad
- Small chalk board, Magna-Doodle, Etch-a-Sketch, or Boogie Board
- Activity books
- Photo album

Items to squeeze & keep hands busy

- Fidgets like Tangle Jr. or puffer ball
- Rubik's Cube
- Play dough or silly putty
- Pipe cleaners
- Stress balls
- Bubble wrap
- Bag of tissue paper to rip
- Scarves or fabric scraps
- Spinning top

Items for olfactory sensory support

- Calming essential oil spray
- Smelling bottles
- Scratch and sniff stickers

Items to visually calm

- Visual calm down cards
- Sensory bottle or calm down jar
- Plastic snow globe
- Kaleidoscope
- Hourglass
- Eye mask

